



One of the first questions we ask shooters is where do you "aim"? The answer usually comes back "exactly half way in the six ring" or they point to a location on the target and say "right there"!

Then we ask, if you fire a shot in that exact point where would the shot be on the target? They answer that it would be a central ten. What if the sights were half a scoring ring higher? Then it would be a high 7, they generally answer. What about if the sights were half a scoring ring lower? Then it would be a low 7, they answer???

Looking at the target, we notice that the distance between the scoring rings are 25mm on a precision target. This would mean that the shot fired half a scoring ring higher, should have been only 12.5mm higher from centre. But why would you presume it would be a high 7? Perhaps it's the perception of movement the shooter observes when they fired the shot?

The size of the 10 ring is 50mm. This indicates that the shooter could fire a shot from the 6 ring to the 4 ring and still shoot a 10.

It is also presumed that the shot fired is done with the sights perfectly aligned and a correct trigger press is achieved. This means that the sights are not disturbed during the execution of the shot

A comparison is made using a cut-out of the 9 ring to show the area it occupies under the black. So if the sights are anywhere within this area, given that the sights are aligned and correct trigger application, it should be in the same "area" on the target.

Now comes the expression coach's use, "area". This being area of hold, area of aim, but it is just that, an area you are able to hold the sights in alignment on the target. Newer shooters will find it difficult to hold an area as small as the 9 ring, but seasoned shooters would find it easier to hold the 9 ring or smaller.

So, what have we deciphered from this? It is recommended that shooters hold in an "area" under the black. Allowing enough space between the bottom of the black so not to become distracted in the attempt to get that exact "aim point".

With training, the shooters ability to become stable during the firing of a shot will allow them to "place" the sights, somewhere in the white area, under the black. The exact position does not matter, but must be within the same area for each shot

